

Shovel-a-Stop Program

Tips for Volunteers



Thank you for doing this important work to keep our bus stops safe and accessible for our community!

Be safe while you help your neighbors out

Stay flexible - fit this into **your** schedule

Program Highlights

- The annual snow season typically lasts from October to May.
- The time commitment will depend on the amount of snow that falls this winter, tools participants have available and size of the bus stop(s) adopted.
- You are volunteering to clear your adopted bus stop(s) using your own tools ([view a list of helpful tools](#)). City of Boulder will not be providing shovels, ice melt, etc. to you.
- We recommend wearing your mask while shoveling if you are unable to maintain safe distance from those around you.

When Do I Shovel?

- DEPTH: Once more than 2" of snow has fallen (about the length of your thumb)
- WHEN: ASAP and within 24 hours of snowfall stopping (The best time to shovel is when it's done snowing and is going to be warm).
- NOTE: Sometimes snow falls for days. If the snow keeps falling after you've shoveled, know that you might need to go back out and shovel again (yay, more exercise!).

How to Become a Snow-Shoveling Guru!

- Watch your local news to stay up-to-date on weather forecasts
- Follow info from:
 - The National Oceanic and Atmospheric Association (NOAA):
<https://w1.weather.gov/data/obhistory/KBDU.html>
 - Weather Underground:
<https://www.wunderground.com/weather/us/co/boulder>
 - Weather Channel:
<https://weather.com/weather/today/l/Boulder+CO+USCO0038:1:US>
- We'll also occasionally send you guidance for special situations, such as predicted forecasts for especially large storms
- Aim to keep the path of travel clear and think safety-first

What If I'm Out of Town or Sick?

- Please post to the [Discussion Forum](#) (you need to be logged in to your Count Me In account to access it) as soon as you know you have a conflict – this will allow another volunteer to temporarily take over shoveling your stop.

Shoveling How-To

1. Determine how much it snowed and how cold it is and the tools, clothes and gear needed.
2. Go to the bus stop, stretch (see proper shoveling techniques in the graphic below).
3. Plan the path(s) you will clear and where you will dump the snow (the best location is on vegetation like grass). Try to clear at least 48" (4') so a wheelchair can safely pass through; 60" (5') is ideal if doable.
4. Shovel snow to clear the path of travel from the sidewalk to the bus pad (at a minimum). If you can, please clear the entire bus pad/area within the bus shelter.



Consider wearing traction for safety and bundle up to stay warm



Stretching beforehand helps loosen your muscles and increase blood flow



If possible, please avoid piling snow near where the bus pulls in and riders board



No need to shovel curb-to-curb, aim to create a route for safe passage

PROPER SHOVELING TECHNIQUES



Using an ergonomically correct shovel, bend low at the knees.

Scoop and lift upward with your legs. Do not lift with your back!

Turn sideways without twisting your back. Point your feet in the direction you are throwing, and toss the snow.

If snow is deeper than one foot, use your shovel as a blade to chop it down before shoveling it up.

Courtesy of Mana Physical Therapy

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